



Coordinators' Communique

State Health Plan Prevention Partners

December 2005/January 2006

Dear Prevention Partners Coordinator:

Regional Screening Note

Please understand that the purpose of our Regional Screenings is to screen those from worksites that are too small to host their own screening and to screen those who have missed the screening that their worksite hosted. The Regional Screening is not to be used as a substitute for hosting your own screening.

If your worksite has 15 or more employees attending a Regional Screening, then your worksite should be hosting its own screening. Fifteen participants is all that's required to have us come right to your worksite to conduct a screening, and anyone can volunteer to bring a screening to their worksite. Simply fax us a copy of the Worksite Screening Request Form, which can be found at www.eip.sc.gov (click on "Prevention Partners" and go to "Early Detection"). Once we confirm your screening date with a healthcare provider, we will send you a screening implementation kit, which will include your confirmation letter and everything you need to sign up people at your worksite. Volunteering to be the coordinator of your worksite's screening is easy and requires very little time. And why drive somewhere else to be screened, when you can be screened right at your very own worksite.

During the past year, over 300 worksites across the state have asked us to come out and screen their employees. So please take advantage of this great benefit and bring the Preventive Worksite Screening to your worksite.

2006 Regional Screenings

The 2006 Regional Screening schedule has been set. Below is a list of the dates and cities where Regional Screenings will be taking place. Registration forms are available approximately one month prior to a screening and can be obtained from our website, www.eip.sc.gov (click on “Prevention Partners” and go to “Early Detection”).

January 24	Greenville
TBA	Charleston
TBA	Aiken
TBA	Columbia
May 11	Spartanburg
June 8	Greenville
June 22	Hampton
July 13	Florence
August 16-17	Greenwood
September 13-14	Columbia
October 12	Rock Hill
November 2	Beaufort
November 16	Darlington
December 14	Anderson

Prevention Partners Workshops

We have two workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

- Weight Loss Skills Workshop January 4, 2006 Bennettsville 9:00 a.m. – 11:00 a.m.
- Healthy Heart Nutrition Workshop January 12, 2006 Spartanburg Noon – 2:00 p.m.

Registration forms for any of our workshops will be available approximately one month prior to the workshop date and can be obtained from our website, www.eip.sc.gov (click on “Prevention Partners” and go to “Disease Management”).

Depression and the Holidays

While for most people the holidays are a time of happiness, for many, the holidays can be a difficult time with feelings of depression. If you find yourself feeling mild to moderately depressed this holiday season, try battling it with exercise. It has been proven that walking on a treadmill or riding a stationary bike for 30 minutes several times per week may be as effective as taking antidepressant medications or using cognitive-behavioral therapy.

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